

# 3<sup>rd</sup> International Meeting on NURSING RESEARCH AND EVIDENCE BASED PRACTICE

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### Involvement with life, the experience of successful aging among Iranian elderly women: A qualitative content analysis

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**Statement of the Problem:** Successful aging is a multidimensional concept depending on the social and cultural contexts. Many researchers have tried to make benchmark models for successful aging based on pre-determined variables without investigated internal and individual experiences of the elderly. Personality characteristics, attitudes, and unique lifestyles of women improve health and enhance flexibility in elderly ages. They can be a good sample in understanding successful aging. The aim of this study was to explore the state of successful aging experienced by elderly women in Iran.

**Methodology & Theoretical Orientation:** A conventional qualitative content analysis was carried out to develop a deep understanding of the views and experiences of Iranian elderly women about successful aging. At the outset of this research, successful aging was defined According to the proposed definition by Rowe and Kahn (1997). 31 women aged over 60 years, participated in semi-structured interviews. The interviews were analyzed using qualitative

content analysis method.

**Findings:** 3 main categories and 8 subcategories were obtained. Women sustained their independence and performance in different areas of personal and social life through preventative, coping, and self-controlling actions and were fruitful for the family and society. They attributed their success in aging to honor in family and society. Adapting to the changes related to passage of time, they achieved positive self-concept and satisfaction with life. These were representatives of their inner integration against the changes over the course of time. They sustained their personal grooming and hygiene using proper strategies and this showed that they were involved with life.

**Conclusion & Significance:** Supporting the elderly to play efficient roles, protecting their dignity and being respect in family and society, and to provide favorable life conditions to protect inner and outer integrity could be some of effective actions in promoting the successful aging of women.

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